

# SPRING-FORD SENIOR HIGH SCHOOL

## ATHLETIC DEPARTMENT

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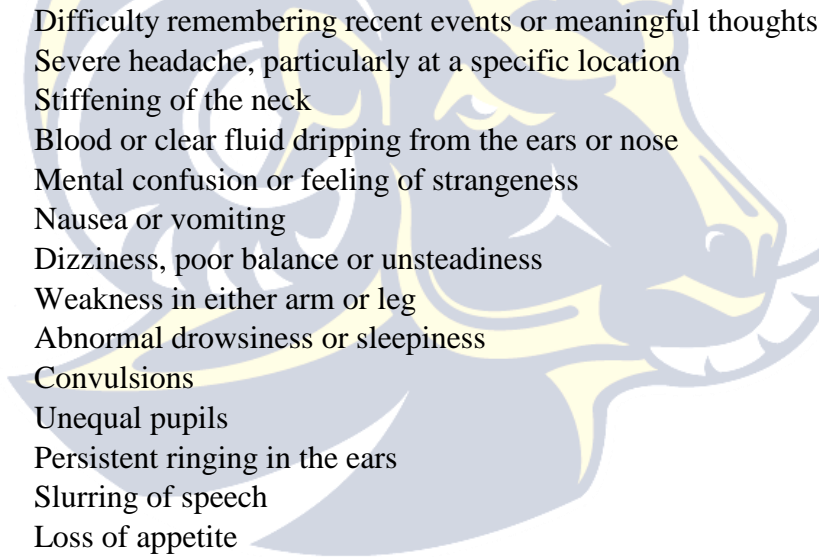
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## Head Injury Fact Sheet

This is a medical follow-up sheet for your health and safety. Signs of a head injury may not appear immediately following trauma, but often **hours** after the injury occurred. The purpose of this fact sheet is to alert you to the signs and symptoms associated with significant head injuries.

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If you experience one or more of the following symptoms after sustaining a head injury, further medical help should be sought **IMMEDIATELY**.

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- Difficulty remembering recent events or meaningful thoughts
  - Severe headache, particularly at a specific location
  - Stiffening of the neck
  - Blood or clear fluid dripping from the ears or nose
  - Mental confusion or feeling of strangeness
  - Nausea or vomiting
  - Dizziness, poor balance or unsteadiness
  - Weakness in either arm or leg
  - Abnormal drowsiness or sleepiness
  - Convulsions
  - Unequal pupils
  - Persistent ringing in the ears
  - Slurring of speech
  - Loss of appetite
  - Increasing pain in head or neck

The appearance of any of the above symptoms may indicate that you have sustained a significant head injury that **REQUIRES IMMEDIATE MEDICAL ATTENTION**.

### **Further Instructions**

- Awaken every two hours at night and check for the above symptoms.
- Consume only clear liquids for eight hours.
- Do not take medication the first 24 hours unless directed to do so by a physician.
- If at any time there is a doubt about the well being of the athlete, seek medical Attention immediately.

